



Salad with canned
tuna and canned
diced tomatoes

LUNCH

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Typical American Diet

- 2 corn tortillas
- 1 small tomato
- 3 oz. chicken breast
- 1 cup water

Shortfall Nutrient Increased



61% increase in Folate

Suggested Meal

- 1 cup romaine lettuce
- 3 oz. canned tuna
- ½ cup canned diced tomatoes
- 5 slices cucumber
- 2 tbsp. vinaigrette
- 2 slices whole wheat bread
- 1 cup low-fat milk